

## CLAIMS

I claim:

1. A method comprising the steps of :

placing about thirty-two fluid ounces of water into a receptacle;

placing the receptacle with water on a burner and bringing the water to a boil;

ceasing to heat the water;

adding about one teaspoonful of tea beverage flavorant to the water; and

brewing the combination of the water and the tea beverage flavorant for about three to five minutes.

2. The method of claim 1 further comprising

filtering out any solid tea in the combination of water and tea beverage flavorant.

3. The method of claim 1 further comprising

consuming the combination of the water and the tea beverage flavorant.

4. The method of claim 3 wherein

the temperature of the combination of the water and the tea beverage flavorant at the time that the water and the tea beverage flavorant are consumed is between one hundred forty and one hundred sixty degrees Fahrenheit.

5. The method of claim 1 further comprising

placing the combination of the water and the tea beverage flavorant into a disposable

plastic bottle.

6. The method of claim 1 further comprising

performing the previous steps once before breakfast.

7. The method of claim 1 further comprising

performing the previous steps once before dinner.

8. The method of claim 1 further comprising

performing the previous steps once before breakfast and once before dinner.

9. The method of claim 1 further comprising

performing the previous steps twice daily.

10. A method comprising the steps of

mixing water and a tea beverage flavorant together in the proportions of about thirty-two fluid ounces for about every one teaspoonful of tea beverage flavorant to form a mixture;  
and placing the mixture in a disposable plastic bottle.

11. A method comprising the steps of

mixing water and a tea beverage flavorant together in the proportions of about thirty-two fluid ounces for about every one teaspoonful of tea beverage flavorant to form a mixture;  
and consuming the mixture.

12. An apparatus comprising

a disposable plastic bottle; and

a mixture of water and a tea beverage flavorant in the proportions of about thirty-two fluid ounces of water for about every one teaspoonful of tea beverage flavorant;

and wherein the mixture is located inside the disposable plastic bottle.

13. A method comprising the steps of :

placing about thirty-two fluid ounces of water into a receptacle;

placing the receptacle with water on a burner and bringing the water to a boil;

ceasing to heat the water;

adding about five grams of tea beverage flavorant to the water; and

brewing the combination of the water and the tea beverage flavorant for about three to five minutes.

14. The method of claim 13 further comprising

filtering out any solid tea in the combination of water and tea beverage flavorant.

15. The method of claim 13 further comprising

consuming the combination of the water and the tea beverage flavorant.

16. The method of claim 15 wherein

the temperature of the combination of the water and the tea beverage flavorant at the time that the water and the tea beverage flavorant are consumed is between one hundred forty and one hundred sixty degrees Fahrenheit.

17. The method of claim 13 further comprising

placing the combination of the water and the tea beverage flavorant into a disposable plastic bottle.

18. A method comprising the steps of

mixing water and a tea beverage flavorant together in the proportions of about thirty-two fluid ounces for about every five grams of tea beverage flavorant to form a mixture;  
and placing the mixture in a disposable plastic bottle.

19. A method comprising the steps of

mixing water and a tea beverage flavorant together in the proportions of about thirty-two fluid ounces for about every five grams of tea beverage flavorant to form a mixture;  
and consuming the mixture.

20. An apparatus comprising

a disposable plastic bottle; and  
a mixture of water and a tea beverage flavorant in the proportions of about thirty-two fluid ounces of water for about every five grams of tea beverage flavorant;  
and wherein the mixture is located inside the disposable plastic bottle.